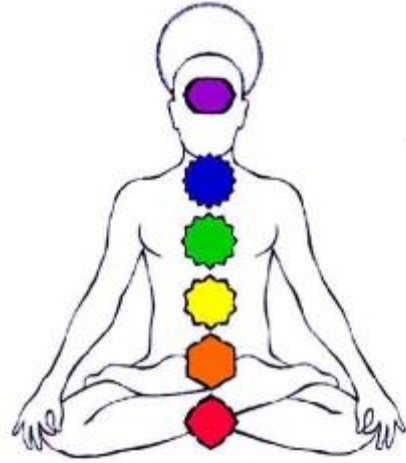


Creative Reflections: Art, Chakras and Healing

by Rebecca Bloom, ATR-BC, LMHC www.bloomcounseling.com

Color	Chakra	Statement
Iridescent	crown	I merge
Lavender	Third eye	I see
Blue	Throat	I love
Green	Heart/Lung	I care
Yellow	Solar plexus	I am
Orange	Sacrum	I want
Red	Root	I need



Adapted from the work of Ambika Wauters and Joan Kellogg

Resources:

Art Therapy - www.arttherapy.org

Art Therapy in Washington State - www.evergreenata.org

Art Therapist in your area - <http://www.arttherapistlocator.org/>

Color and healing - <http://www.mandalaassociates.com/>

Bibliography:

Art Is a Spiritual Path by Pat B. Allen. Shambhala, 2005

Mandalas of the World: A Meditating & Painting Guide by Rudiger Dahlke. Sterling, 2004

Chakras and Their Archetypes: Uniting Energy Awareness and Spiritual Growth by Ambika Wauters. Crossing Press, 1997